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### I Chose a Better Career

Sometimes we need to reassess what we are doing with our gift of life. Read how this Bulgarian artist did just that.



### Will Sex Improve Our Relationship?

The Bible says that the person who engages in premarital sex is sinning against his own body. How is that true?





# MORE TIME?

FYOU checked off the second or third choice for most of the accompanying questions, you probably do need more time. And you are not alone. Almost everywhere people are under pressure to do what must be done—and that may have nothing to do with what is truly important to them. Instead, it may have everything to do with meeting the demands of the moment—fixing the car, satisfying the boss, handling unexpected interruptions. As you respond to one crisis after another, you may feel you have no control over how your time is spent. You may even feel that you are rushing through life without experiencing it.

Of course, you tell yourself that this is all temporary. Eventually, life will slow down, and you will have time to focus on the things that really matter to you —the things that enrich your life as well as that of your family and others. But when? Do you see an opening in your schedule today? This week? Next month?

Realistically, the world around you is unlikely to slow down. But you can take action to create the time you need. How might you do that?

### How often do you have time for things that are truly important to you?

- O Every day
  O On weekends
- O Hardly ever

### During a typical day, do you

- O Do what you planned to do?
  - O Follow an imposed routine that gets in the way of your plans?
- O Respond impulsively to whatever demands arise?

### During a typical day, do you feel

- O In control?
- O Pressured to meet unreasonable demands?
- O Helplessly pushed from one activity to the next?

### At the end of the day, have you

- O Accomplished the important things?
- Finished the necessary work, perhaps poorly?
- O Had no time for what really matters?

### How do you usually feel at the end of the day?

O Satisfied and fulfilled

Frustrated

- O Empty, tired, and tense



# TAKING CONTROL OF YOUR TIME

"For everything there is an appointed time." —Ecclesiastes 3:1.

N ORDER to make time for what matters, you need to know what those things are. This will be easier if you have a clear grasp of your values, your goals, and the specific activities that support these.

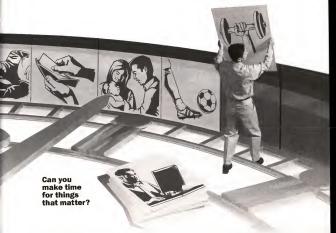
First, then, clarify your values. You might try writing down every value that comes to your mind, such as family, friendship, hard work, education, accomplishment, good looks, money, happiness, marriage, kindness, physical health, spiritual health. Then, ask yourself, 'Which of these values are most important to me?'

After that, consider all the goals that you would like to achieve in life. What is the difference between values and goals? For the purpose of this discussion, we can say that values are ongoing, whereas goals can, at some point, be achieved and marked off as completed.

### Awake!

THIS JOURNAL IS PUBLISHED for the enlightenment of the entire family, it shows how to cope with today's problems. It reports the news, lells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exait one race above another. Most important, hits magazine builds confidence in the Creator's promise of a peaceful and secure new world that is about to replace the present wicked, lawless system of this salout to replace the present wicked. Jawless system of this salout to replace the present wicked. Jawless system of this. This publication is not for sale, it is provided as part of a worldwide Bitale educational work supported by voluntary donations. Unless otherwise indicated, Scripture quotations are from the modern-kanguage New World Translation of the Holy Scriptures — —With References.

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What goals might you set for yourself? Do you want to spend more time with your family? Find employment that is more suitable? Improve your skills in a favorite hobby? Find a new one? Develop a certain quality? Take a vacation? Read a book? Write a book?

Next, decide which of these goals are most important to you. Make sure that they are compatible with your values. If, for instance, you set a goal of becoming extremely rich, you are likely setting yourself up for conflict.

Now, for the goals you selected, consider a number of activities that would contribute to reaching each goal. For example, if one of your goals is to lose a certain amount of weight, exercise is an activity that can help you do that.

Languages: Afrikaans, Albanian, Amhanc, Arabic, Armenian, Bislama, Bulgarian, Cebuano, Chichewa, Chineseº (audio Mandann only) Chinese (Symplified), Chitonoa, Obemba, Croatran, Czech, Danish," Dutch, " English, " Estonian, Ewe, Filian, Finnish," French, "Co Georgian, German, +00 Greek, Gujarati, Hebrew, Hiligaynon, Hindi, Hungarian, Icelandic, Igbo, Iloko, Indonesian, Italian, 400 Japanese, 40 Kannada, Kirghiz, Korean, 10 Latvian, Lingala, Lithuanian, Luvale, Macedonian, Matagasy, Malayalam, Mattese, Myanmar, Norweglan, \*\* Polish, \*\* Portuguese. \*50 Punjabi, Rarotongan, Romanian, Russian, \*50 Samoan, Sepedi, Serbian, Sesotho, Shona, Silozi, Sinhala, Slovak, Slovenian, Spanish.\*\* Swahiji, Swedish.\*\* Tagalog, Tamil, Thai, Tok Pisin, Tongan, Tsonga, Tswana, Turkish, Ukrainian, Urdu, Vietnamese, Xhosa. Yoruba, Zulu

Bible study? Please send your request to Jehovah's Witnesses, using one of the addresses below. For a complete list of addresses, see www.watchtower.org/address. America, United States of: 25 Columbia Heights. Brooklyn, NY 11201-24B3. Australia: PO Box 2B0, Ingleburn, NSW 1890. Bahamas: PO Box N-1247, Nassau, NP. Britain: The Ridgeway, London NW7 1RN. Canada: PO Box 4100, Georgetown, ON LTG 4Y4. Germany: Am Steinfels, 65618 Selters. Guam: 143 Jehovah St, Barrigada, GU 96913. Guyana: 352-360 Tyrell St. Republic Park Phase 2 EBD. Hawaii: 2055 Kamehameha IV Road, Honolulu, HI 96819-2619. Jamaica: PO 8ox 103, Old Harbour, St. Catherine. Japan: 47-1 Nakashinden, Ebina City, Kanagawa-Pref, 243-0496 Puerto Rico: PO Box 3980, Guavnabo, PR 00970, South Africa: Private Bag X2067, Krugersdorp,

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### How Can This Analysis Help You?

If your goals harmonize with your values and you carry out the activities that contribute to achieving your goals, your life will take a unified direction. You will find yourself spending more time on what matters to you. Of course, that does not mean you should be callous to the needs and desires of others. (Philippians 2:4) It does mean that you will be better able to identify and turn down opportunities that have nothing to do with what is truly worthwhile.

Admittedly, there will be challenges. Some tasks may be relatively unimportant but are necessary nevertheless. These may threaten to fill your day, leaving little or no time for what is most important to you. Emergencies may arise. And changes in your life situation may throw your schedule out of balance. But by taking practical steps to spend more time on the things that matter, you will have more control over how you spend your time and live your life.



### DO ELECTRONIC ORGANIZERS SAVE TIME?

They save time for some but waste time for others. A personal digital assistant, or PDA, for example, may include a calendar, a list of phone numbers and addresses, to-do lists, a word processor, a memo pad, a camera, and access to e-mall and the Internet. You can use such a tool to save time if you keep it up-to-date and carry it with you. However, you can easily waste time if you do a lot firelevant browsing, tinkening, or customizing or if you buy unnecessary accessories or allow use of the device to get in the way of important relationships or responsibilities.

Tip: Research before you buy. If an electronic device malfunctions frequently, much time will be required to fix it. Also, any electronic device is only as good as its user. So if you have one, use it to save time, not waste it.

"Go on walking in wisdom . . . , buying out the opportune time for yourselves."—Colossians 4:5.

AVING identified the activities with which you want to fill your days and hours, the challenge is to move from optimistic theory to actual practice. The following suggestions may help you to do that.

WRITE AN "ACTION PLAN" consisting of all the steps involved in a project, and put these in their proper sequence.

1 KEEP A DAILY TO-DO
LIST. Number items according to the order in which
you will handle them. Indicate
items that are worth spending
more time on. Check off each
item when it is completed.
Carry over unfinished tasks
to tomorrow's list.

2 SYNCHRONIZE YOUR
CALENDARS. Don't risk
missing an appointment because it is only in your other
calendar. If you have a calendar in your computer and
another in a handheld device,
see if you can synchronize
the two.

4 GENERALLY, SCHEDULE YOUR MOST IMPORTANT TASKS
FIRST. It will be easier to find time for the less important ones.

5 SET GOALS OVER WHICH YOU CONTROL. You have a LARGE DEGREE OF CONTROL. You have more control over increasing your skill at a certain job than over becoming president of your company.

ACKNOWLEDGE THAT YOU WILL NOT HAVE TIME FOR EVERTHING. Favor activities that yield the most important results. What about other tasks that are urgent or that simply have to be done? If you cannot eliminate or delegate them, see if you can spend less time on them. Some unimportant tasks can wait for months if necessary, or they may not need to be done at all. Allocate as much time as possible to those activities that are related to what you feel is truly worthwhile in light of your goals.

**7 KEEP A TIME LOG.** To find out where your time Is going, keep a time log for one or two weeks. Is much time lost on unimportant activities? Do most of your interputions come from the same one or two individuals? Are you most likely to be interrupted during a certain part of the day or week? Eliminate time-wasting activities that have creet in.

schedule Less. If you plan to shop for food, fix the car, entertain friends, see a movie, and catch up on reading—all in one day—you will feel rushed and will likely enjoy nothing.

### MINIMIZE

INTERRUPTIONS Block off a portion of time each day during which you are not to be interrupted unless it is absolutely necessary. If possible, turn off your phone during this time. Also, turn off electronic pop-up alerts if they tend to interrupt vour work.

### SCHEDULE THE MOST CHALLENGING WORK FOR THE TIME OF DAY WHEN YOU ARE MOST ENERGETIC AND ALFRT

DO THE MOST UNPLEASANT TASK AS SOON AS POSSIBLE. Once it is out of the way, you will feel more energized to work through the less-challenging activities

### ALLOW TIME FOR THE UNEXPECTED. If you feel that you can arrive at a place within about 15 minutes, promise to be there within 25. If you be-

lieve an appointment will take an hour, allow an hour and 20 minutes. Leave a portion of your day unscheduled.

**USE TRANSITION TIME.** Listen to the news or a recording while you shave. Read while waiting for a train or riding on it. Of course, you can use that time to relax. But don't waste it and then later fret over lost time.

### APPLY THE 80/20 RULE OF THUMB.\* Are approximately 2 out of 10 items on your to-do list the most important? Might a certain job be as good as finished after you give attention to just the most important aspects of it?

\* This idea is roughly based on the work of the 19th-century Italian economist Vilfredo Pareto and is also known as the Pareto principle. It involves the observation that often 80 percent of the results come from about 20 percent of the effort. It has been applied to many things, but here is a simple example: When a carpet is vacuumed, about 80 percent of the dirt picked up is likely from 20 percent of the carpet, namely, the high-traffic areas.

### WHEN YOU FEEL OVERWHELMED WITH WORK, write each task on an index card. Then divide the cards into two groups: "Action Today" and

"Action Tomorrow." When tomorrow comes, do the same.

### PERIODICALLY, TAKE TIME OFF TO 'RECHARGE YOUR BATTERIES.' Returning to work with a refreshed mind and body might prove more productive than hours of overtime.

THINK ON PAPER. Write down a problem, describe why it is disturbing you, and list as many solutions as you can think of.

### DON'T BE A PERFECTIONIST. Know when it is time to stop and move on to the

next important activity.

### **WORK LIKE A** PROFESSIONAL. Don't wait for the right mood. Just start working.

**BE FLEXIBLE.** These are suggestions, not hard-and-fast rules. Experiment, find out what works. and customize ideas to your circumstances and needs.



### **MAKING TIME** FOR WHAT MATTERS

"The time left is reduced."-1 Corinthians 7:29.

44 JUMPING around and splashing in the water doesn't mean you're swimming," writes Michael LeBoeuf in his book Working Smart.

In other words, there can be a difference between just being active and really accomplishing something worthwhile. Look back at the past week. For what did you make time? For what were you too busy? Do you see a need to make more time for the things you really care about?

Consider what Jesus foretold about our hurried times. He said that as this system nears its end and God's righteous new world draws near, his disciples would be busy. Doing what? Preaching "this good news of [God's] kingdom." Jesus also said that the majority of people would be too busy to listen. They would be preoccupied with the ordinary matters of life. He added that those who are too busy to take note of the Kingdom message would suffer destruction.-Matthew 24:14, 37-39; Luke 17:28-30.

Today, Jehovah's Witnesses are preaching the good news of God's Kingdom in more than 230 lands. True to Jesus' prediction, many turn them away, stating that they are "too busy." But we invite you to take time out of your busy life to examine what the Bible teaches about God's Kingdom. It is our hope that upon learning of the blessings God has in store for mankind, you will agree that hearing and heeding the Bible's message is something that is worth making time for, something that really matters.

\* To learn more, contact Jehovah's Witnesses locally or write to the appropriate address listed on page 5 or visit our Web site www.watchtower.org.





### I Chose a Better Career

AS TOLD BY PLAMEN KOSTADINOV

IT WAS almost noontime when I woke up. Everywhere on the floor there were empty bottles, and the overfilled ashtrays were stinking. There was nothing left from the euphoria of the previous night's party. I felt frustrated and lonelier than ever. Everything seemed so meaningless! Let me tell you how I came to be in this sad state.

By the time I was 14 years old, I was pursuing a career in art. It was the summer of 1980. My father had just told me that I was admitted to the art college in the town of Troyan, Bulgaria. I was very happy. In the fall of that year, I moved from my hometown, Lovech, to Troyan.

I liked living far from my parents and doing whatever I wanted. I started smoking, and from time to time, I would get drunk with my school friends. Smoking and drinking were not permitted at school. Breaking the rules made it even more exciting for me.

My love of art continued to grow. I excelled in my drawing skills, and a desire for fame grew within me. After completing my five years of schooling in Troyan, I wanted to continue my education at the Art Academy in Sofia, the capital of Bulgaria. This was the most prestigious training center in all of Bulgaria. In 1988, I was admitted to the academy as one of only eight successful candidates selected from the whole country. How proud I was of my success One day. I looked into the mirror and said to myself with pride, 'Well, Plamen, now there is no doubt that you will become a famous artist!'

### Shaping of the Old Personality

Soon I began to dress in black, and I grew long hair and a beard. This was considered obligatory for an artist. I adopted what I thought was the traditional Bohemian lifestyle of an artist. That included renting a room in the artists' quarters and keeping it in disarray and as cluttered as possible. I then took in a cat with its three little kittens and a little dog. Squandering money was also part of my lifestyle.

Yet, my passion for art kept growing. I was constantly painting, using abstract depictions to represent the fantastic world of my imagination. I even painted on the walls of my room. This, I thought, was the start of a glorious career.

An integral part of my lifestyle was frequent partying with my fellow students. We often gathered in my room, listening to music and drinking heavily, even when preparing for an exam. Our philosophical discussions centered on music, art, and the purpose of life. Often, we spoke about supernatural forces and extraterrestrials. These discussions triggered my imagination,

prompting new ideas for my next painting. I wanted to enjoy those feelings of euphoria longer, but they lasted only as long as I was drunk. Usually, by the next day, there was not even a trace of this enthusiasm.

After living such a life for some ten years, felter dissatisfied. In contrast with the brilliant colors used for my paintings, it was getting darker and darker inside of me, and I felt the grip of loneliness. My dreams of becoming a famous artist began to fade. I was depressed and did not know how to move on with my life. That was the moment described at the beginning of my story.

### Rescued by the Truth

In 1990, I decided to exhibit my art in Lorech. I invited Yanita, an acquaintance from the academy in Sofla, to participate in the exhibition, since she was also from Lovech. When the exhibition closed, Yanita and I went to a nearby restaurant to celebrate. During the course of our conversation, she began speaking about the things she was learning from her study of the Bible with Jehovah's Witnesses. She spoke to me about a new world foretold in the Bible. That sparked my interest.

Yanita continued her Bible studies in Sofia, and from time to time, she brought me Bible literature. I will never forget how eagerly I read through the brochure "Look! I Am



Making All Things New" and how in just a few days I devoured the book You Can Live Forever in Paradise on Earth.\* It was not difficult for me to accept that God exists, and I immediately wanted to know how to pray. I remember my first prayer. On my knees, I sincerely expressed my concerns to Jehovah. I was fully convinced that he was listening to me. Inner joy and peace began replacing my loneliness.

In Sofia, Yanita introduced me to a married couple who were Jehovah's Witnesses. They offered to study the Bible with me and invited me to their meetings. I remember my first meeting in June 1991. I arrived two hours early and waited in a little park. Nervous, uneasy, and full of doubts, I wondered whether they would receive me well. To my surprise, everyone gave me a warm welcome in spite of my bizarre Bohemian appearance. From that time on, I attended the meetings regularly and had a Bible study twice a week.

I was thrilled when I received my first personal Bible. Never before in my life had I read anything so marvelous and striking as the wisdom expressed in the Sermon on the Mount! As my study progressed, I personally experienced the transforming power of God's Word as expressed at Ephesians 4:23: "You should be made new in the force actuating your mind." I stopped smoking and changed my unkempt appearance. The change was so profound that one day when my father came to meet me at the train station in Lovech, he passed me by, failing to recognize me.

I started to take note of my surroundings. The mess in my room, the painted walls, and the stench of cigarette smoke no longer spurred my creativity. I felt the urge to clean up everything. I painted the walls white and thus wiped out the three-eyed alien creature that I had painted on the wall.

<sup>\*</sup> Both published by Jehovah's Witnesses. The Live Forever book is now out of print.

Needless to say, my friends soon abandoned me, but they were quickly replaced by the many people I met at Christian meetings, who remain my dear friends to this day. With such upbuilding association, I progressed quickly, On March 22, 1992, I was baptized at the first assembly of Jehovah's Witnesses in Bulgaria, which was held in the city of Plovdiv.

#### Coming Back to Lovech

Although I knew that it would not be easy for an artist to make a living in a small town, I decided that following my graduation I would return to Lovech. I realized that, at least for me, it would be very difficult to pursue a successful career in art and at the same time put God's Kingdom in first place in my life. So I decided to change my career plans and become a volunteer Bible teacher. While I was still at the Art Academy, Yanita, who had graduated three years before me, was already zealously teaching Bible truths in Lovech. She was the only Witness there.

By the time I moved back to Lovech, there was a small group of people studying the Bible with Jehovah's Witnesses. I thoroughly enjoyed visiting people from house to house and offering them the hope for the future

### With my wife, Yanita



that I had embraced. I decided to engage in this work on a full-time basis.

In time, however, difficulties arose. In 1994 our official registration as a religious organization was canceled and a very extensive slanderous media campaign was launched.\* Often, the Witnesses were summoned to the police station and our literature was confiscated. During those difficult times, we could not legally gather for meetings in public places. Nevertheless, we regularly held our meetings in a 130-square-foot room adjoining Yanita's house. On one occasion we managed to fit 42 people into that tiny room. So as not to disturb the neighbors, we closed the window while singing Kingdom songs. At times, when the temperature outside was high, it would get hot and steamy inside the room, but we were happy to be together.

### Blessings From Jehovah

I greatly admired Yanita's zeal for true worship, and with the passing of time, romantic feelings developed between us. We were married on May 11, 1996. Despite differences in our personalities, we complement one another in a wonderful way. She is my closest friend and helper. I am grateful to Jehovah for giving me a wife whose 'value is far more than that of corals."—Proverbs 31:10.

Some of my former friends made a career as artists, the way of life I once dreamed of However, I am thankful that I chose what I view as a better career. I have helped many individuals to find purpose in their lives, and they are now my spiritual brothers and sisters. Any fame or recognition that I might have achieved as an artist doesn't compare with the blessings I have enjoyed in Jehovah's service. I am happy that I came to know intradely the greatest Artist, Jehovah God.

<sup>\*</sup> In 1998, after appealing to the European Court of Human Rights in Strasbourg, the organization of Jehovah's Witnesses was reregistered in Bulgaria.



# Meet Chimpanzees in the Wild

AS WE follow the narrow trail into the tropical forest of equatorial Africa, our eyes slowly get used to the flickering light coming through the dense canopy of leaves and branches. The constant, dull sound of buzzing crickets and the sight of massive vine-covered trees-some towering over 180 feet high-fill us with awe and anticipation. We get the feeling that this dim environment calls for alert senses and a quiet step. Suddenly, there is a loud hoo sound, together with an audible rapid intake of breath. These sounds rise in volume and pitch until they reach a deafening crescendo before coming to an almost abrupt end. Our tiring walk has led us to the exciting moment we were hoping for-we have located a group, or community, of chimpanzees.

Frenzies of excitement like this-which include pant hooting, screaming and, at times, drumming on tree trunks-are ways that chimpanzees communicate, or call for contact. A rich supply of delicious ripe figs seems to have caused this urgent need to maintain contact with the rest of the community. Looking up into the large, spreading crown of a tall fig tree, we can see a good number of these animals, possibly 20 or 30, peacefully feeding on the figs. Their black hair gleams beautifully as it catches the sunlight. One of the chimps starts to throw twigs at us, and soon we are showered with twigs-a clear signal that this food supply is not to be shared.

The best time to locate chimps is when fruit is plentiful. At other times, it is more difficult, since they may be spread out in the low vegetation in subgroups of only a few individuals. Chimpanzees in the wild usually enjoy eating off and on most of the day as they move about in large areas of several square miles. Besides fruit, their diet includes leaves, seeds, and stems. They also eat ants, birds' eggs, and termites. Occasionally they may hunt and kill small animals, including monkeys.

Since it is close to midday, the chimpanzees feel the effects of the rising temperature. One of them starts to climb down from the tree, and before long the others follow suit. Then, one by one, they move into the dense thicket. A mischievous juvenile male takes a detour by swinging himself from branch to branch to get a closer look at us. Watching this young creature's playfulness and curiosity brings a big smile to our faces.

### **Fascinating Characteristics**

"Look behind you," says one of our group as we follow the trail back. Turning around. we can see a chimp peeping cautiously from behind a tree trunk. He stands on two legs and is about four feet tall. When we look at him, his head goes back behind the tree, only to peer out again after a few moments. What charming curiosity! Yes, chimps can stand on two legs and can even walk that way for short distances. However, they normally use all four limbs to support their weight. The spine of a chimp does not have the curve at the lower back that helps make upright posture possible in humans. Also, the relatively weak rump muscles, together with arms that are considerably longer and stronger than the legs, make walking on all fours or climbing and swinging in trees more in harmony with how the chimpanzee is built.

When the chimps have to reach out for fruit growing on thin branches that would not support their weight, their long arms are especially useful. Their hands and feet are perfectly shaped for powerfully grasping and holding on to branches. The big toes point sideways and work like thumbs to help the animal climb trees or even grasp and carry objects almost as easily with the feet as with the hands. This ability is helpful when it is time for making a nest in the evening. After a few minutes of bending and turning over leaves and branches, the chimp has a soft, comfortable place for the night.

Watching and studying chimpanzees in the wild, with their many fascinating characteristics and obvious similarities with humans in anatomy and behavior, is certainly intriguing. Some people, however, are interested in the chimpanzee solely for experimental reasons in support of a suggested evolutionary relationship with man. Hence, questions like these may arise: What really makes humans and chimpanzees so different? In what way is man, in contrast with animals, made "in God's image"?—Genesis 1:27.

### An Unforgettable Experience

In the wild, chimpanzees are elusive, and normally they quietly disappear as soon as they spot a human intruder. However, for their protection and preservation, some communities of chimps have been habituated so that they would become used to the presence of humans.

Our brief visit to the forest home of the chimpanzee has been an unforgettable experience. It has helped us to get at least some insight into what chimpanzees are really like-so different from the ones in zoos or laboratories. They are truly fascinating animals and are included among the 'moving animals and wild beasts of the earth' that God saw were good-perfectly designed for the environment they were meant to live in.—Genesis 1:24, 25

### CHIMPS AND MAN

In her book In the Shadow of Man, zoologist Dr. Jane Goodall writes that her observations in the 1960's of 'tool-making' chimpanzees' convinced a number of scientists that it was necessary to redefine man in a more complex manner than before. Chimpanzees' using leaves as a sponge, using rocks or branches to crack nuts, and stripping leaves off twigs before sticking them into a dirt mound to

fish around for termites were truly astonishing discoveries. However, in recent times it has become common knowing the secone common knowing states a number of animals demonstrate amazing toolmaking skills. Dr. T. X. Barber, author of the book The Human Nature of Birds—A Scientific Discovery With Startling Implications, states: "All thoroughly studied animals, including not only apes and dolphins but also ants and bees, have demonstrated to-

tally unexpected basic awareness and practical intelligence."

This does not in any way alter the fact that man is unique. As Professor David Premack writes, "the grammar or syntax of human language is certainly unique." Yes, the complexities of human language together with the richness of human culture, where language and speech play a crucial part, certainly separate us from the animals.



After years of studying colimpanzees in the wild, Jane Goodall wrote: "I cannot conceive of chimpanzees developing emotions, one for the other, comparable in any way to the tenderness, the protective-

exhilaration that are the hallmarks of human love in its truest and deepest sense." She also wrote: "Man's awareness of Self supersedes the primitive awareness of a fleshly body. Man demands an explanation of the mystery of his being and the wonder of the world around him and the cosmos above him."

ness, tolerance, and spiritual

The Bible explains the difference between animals and humans by saying that man

was made "in God's image." (Genesis 1:27) Hence, unlike animals, man would reflect the spiritual image of his Maker, displaying His qualities, among which love is the foremost. Man would also be capable of taking in huge amounts of knowledge and acting with an intelligence surpassing that of any animal. Man was also made with a capacity to act according to his own free will, not being controlled mainly by instinct.

## The Fabulous Variety of Life in the **UPPER AMAZON**

ROM the base of the Peruvian Andes, a blanket of branches and leaves spreads east across the South American continent for some 2,300 miles. Eventually, this sea of green abuts the blue of the Atlantic Ocean.

The portion of this jungle located in Peru -its Amazon region-covers almost 60 per-

cent of that country. Although only a fraction of the human population of Peru lives in this area, plants and animals in abundance find refuge beneath the forest's 115-foot-high canopy. In fact, the Amazon is considered to be one of the richest ecological treasure chests on earth. Over 3.000 varieties of butterflies float and flutter through the thick air. Some 4,000 types of orchids flaunt their gorgeous flowers. More than 90 species of snakes lurk in tree limbs and along the forest floor. And an estimated 2,500 species of fish-including electric eels and piranhas-patrol the rivers and streams.

Foremost among these waterways is the mighty Amazon River. In some locations. between eight and ten feet of rain can soak the forest annually, causing the Amazon and its 1.100 tributaries to spill across the forest floor. Heat and moisture combine to create a steam-bath atmosphere, which the plants love. Remarkably, though, the lush vegetation flourishes in clay soil that is considered to be among the poorest on earth, unfit for permanent cultivation





When did those jungle dwellers arrive here, and where did they come from? Experts surmise that centuries before the Common Era, the first migrations came from the north. The Jivaro (famed for shrinking the heads of their slain enemies) came from the Caribbean; and the Arawak from Venezuela Other tribes are thought to have come from Brazil in the east and Paraguay in the south.

Once established, most of the tribal groups seem to have roamed within specific areas.

hunting and gathering. They also grew the few crops suited to the acidic soil, such as cassava, hot peppers, bananas, and maize. Spanish chroniclers observed that some of the peoples were well-organized, devising food storage facilities and methods for raising wild animals

### A Clash of Cultures

During the 16th and 17th centuries, Spanish conquistadores invaded the Amazon.



Close on their heels were Jesuit and Franciscan missionaries intent on converting the natives to the Roman Catholic faith. Those missionaries made marvelous maps that opened up the Amazon to European interests. But the missionaries also opened the way for disease and destruction.

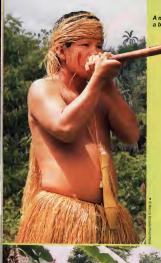
For example, in 1638 a mission was founded in what is now Maynas Province. The missionaries rounded up the natives, indiscriminately lumping rival groups together and forcing them to integrate into community life. For what "noble" purpose? Because the natives were viewed as ignorant and inferior, they were forced to work for the missionaries and conquistadores. As a result of close contact with Europeans, thousands of natives died from measles, smallpox, diphtheria, and leprosy. Thousands more died from hunger.

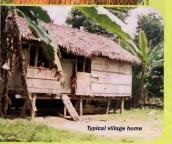
Many Indians fled the missions set up by the various religious orders, and dozens of missionaries were murdered in uprisings. In fact, at one point in the early decades of the 19th century, only one priest remained in the Amazon region.

### How They Live Today

Today, many indigenous people continue to live according to tradition. For instance, they make their village homes in the timehonored manner-framed with poles cut from the forest and thatched with palm leaves or other vegetation. Because these dwellings rest on stilts, the yearly flooding presents no problem and dangerous animals seldom intrude.

The tribal groups dress and decorate themselves in a variety of ways. Men and women living deep in the jungle wear loin cloths





or short woven skirts, and their children remain naked. Those who are more in contact with the outside world have adopted Western styles of dress. Some natives pierce their nose or earlobes and adorn them with rings. sticks, bones, or feathers. Others, such as the Mayoruna, pierce their cheeks. Some Tucuna and Jivaro even file their teeth. Many among the various tribes remove their body hair and mark their skin with tattoos.

The Amazonian peoples know thousands of different plants and use the forest as a medicine chest. From it they extract treatments for snakebite, dysentery, and skin ailments. to name a few. Long before Western societies discovered rubber, the Amazonian people tapped rubber trees for sap, using it to waterproof their baskets for work and to make rubber balls for play. The forest also provides the materials necessary for transportation and long-distance communication. For example, the men fell trees and carve canoes for navigating their river highways, and they hollow out large logs to make drums for beating out messages that can be heard a great distance away!

### The Influence of Shamans and Superstition

To the inhabitants of the Amazon, the jungle is full of souls wandering at night, spirits causing illness, and gods lurking in the rivers awaiting unwary victims. Consider the Aguaruna, one of the largest groups in Peru. They revere five different gods: "Father Warrior," "Father Water," "Mother Earth," "Father Sun," and a "shaman Father." Many believe that humans are transformed into plants and animals. Fearful of offending spirit beings. the natives refrain from killing certain animals and hunt others only when necessary.

Presiding over traditional religious life and society are the shamans, or medicine men, who use hallucinogenic plants to enter into trances. Some villagers look to these men to



cure illnesses, to foresee the outcome of hunting and planting, and to foretell other future events.

### Will It Disappear?

The world of the people of the Amazon is shrinking fast. New highways dissect the forest. Farms and coca cultivation eat into the jungle. Illegal logging lays bare great swaths of forest, each day destroying an area the equivalent of 1,200 soccer fields! Even the waterways suffer as legal mining operations and illegal cocaine production pollute the tributaries that feed the Amazon-River.

Indeed, the isolated people of the Amazon are feeling the effects of living during what the Bible prophesied would be "critical times hard to deal with," (2 Timothy 3:1-5) Is the Amazon doomed to total destruction? The Bible provides the assurance that this will not be the case. Under the rule of God's Kingdom, the entire earth will be transformed into a paradise, as our Creator intended it to be. -Isajah 35:1, 2: 2 Peter 3:13.

### THE BIBLE'S VIEWPOINT

# What Makes Us Good or Evil?

THE pages of history are filled with accounts of hatred and bloodshed. Yet, from the ruins of tragedy often arise extraordinary acts of human kindness and self-sacrifice. Why does one person become a cold-blooded killer and another become a warmhearted humanitarian? Why do animalistic traits sometimes surface in human behavior?

### Imperfection and Conscience

The Bible frankly states: "The imagination of man's heart is evil from his youth." (Genesis 8:21, Revised Standard) Thus, children are bent toward mischief. (Proverbs 22:15) From birth, all of us are inclined to do wrong. (Psalm 51:5) To do good requires effort, like rowing upstream against the current.

Nevertheless, we are also endowed with a conscience. This inborn sense of right and wrong influences most of us to act within the bounds of human decency. For this reason, even those with no moral training may be known for their benevolence. (Romans 2: 41, 15) However, as noted above, our inclination toward wrongdoing can cause a conflict to arise within us. What else may influence us in our struggle between good and evil;

### **Tainted Environment**

The chameleon changes color to match its environment. Similarly, those who make criminals their companions are more likely to adopt criminal characteristics. The Bible warns: "You must not follow after the crowd for evil ends." (Exodus 23:2) On the other

hand, frequent association with those who are honest, just, and morally upright promotes the doing of good.—Proverbs 13:20.

However, we cannot consider ourselves safe from the influence of evil just because we do not personally associate with those who are involved in wrongdoing. Because of our imperfection, evil may lurk in the recesses of our mind, waiting for an opportunity to assert itself. (Genesis 4:7) Furthermore, evil may reach into our home through the media. Video games, television programs, and movies often glorify violence and acts of vengeance. Even regular doses of world or local news may desensitize us to the evils of human suffering and anguish.

What is the root cause of this tainted environment? The Bible answers: "The whole world is in the power of the evil one." (I John 5:19, RS) This "evil one." Satan the Devil, is exposed in the Scriptures as a liar and a manslayer. (John 8:44) He propagates evil through the influence of his world.

With all these factors shaping our attitudes and actions, some may reason that they are not to blame for their evil acts. What, though, is the reality? Just as a steering wheel controls the direction of a car and a rudder controls the direction of a ship, the mind controls the body.

### Good or Evil-The Choice Is Yours

Every deliberate act, good or evil, is preceded by a thought. Sowing positive and virtuous thoughts reaps good fruitage. Converse-





Man is as good or as evil as he chooses to be

ly, if seeds of selfish desire are allowed to germinate in the mind, a bumper crop of evil is likely to result. (Luke 6:43-45; James 1:14. 15) Thus, it could be said that man is as good or as evil as he chooses to be.

Happily, the Bible indicates that goodness can be learned. (Isajah 1:16, 17) Love is the compelling force to do what is good, since "love does not work evil to one's neighbor." (Romans 13:10) When we cultivate love for people, it is unthinkable for us to act in an evil way toward anyone.

That is what Ray, from Pennsylvania, U.S.A., learned. Taught to fight at an early age, he quickly earned the nickname Punch. He also struggled with a quick temper. With the application of Bible principles, however, he gradually made changes. But this was not always easy. At times, he felt the way the Bible writer Paul did: "When I wish to do what is right, what is bad is present with me." (Romans 7:21) Now, after years of determined effort, Ray is able to 'conquer the evil with the good.'-Romans 12:21.

Why is it worth the effort to "walk in the way of good people"? (Proverbs 2:20-22) Because good will ultimately triumph over evil. The Bible states: "Evildoers themselves will be cut off . . . Just a little while longer, and the wicked one will be no more . . . But the meek ones themselves will possess the earth, and they will indeed find their exquisite delight in the abundance of peace." (Psalm 37: 9-11) God will remove all traces of evil. What a glorious future awaits those who work diligently to practice good!

#### HAVE YOU WONDERED?

- Who is responsible for our actions? -lames 1:14.
- Is it possible to change our course? -Isaiah 1:16, 17,
- Will evil ever end?—Psalm 37:9, 10: Proverbs 2:20-22.



Saussure climbs Mont Blanc in 1787 (an artist's impression)

ROM childhood, Swiss naturalist Horace-Bénédict de Saussure (1740-1799) had been fascinated by the imposing massif now known as Mont Blanc, the giant of the Alps. Impressed by its inaccessibility, he offered a prize to the first climber to reach its highest point-15,771 feet. The earliest systematic efforts to conquer the summit were made in 1741. But only in August 1786 did two inhabitants of Chamonix, France-Jacques Balmat, a crystal prospector, and Michel-Gabriel Paccard, a doctor-reach the peak of the massif. Mont Blanc itself. The next year, Saussure reached the highest point in Europe with a scientific expedition, and in 1788 he scaled Col du Géant, staying there for 17 days. These were the first documented feats of mountaineering as a sporting discipline.

In 1855 a team led by Italian guides conquered another face of Mont Blanc, more demanding than the first. Only nine years later, the peak was reached from the Italian side. Those bold pioneers climbed without modern equipment, using only iron-tipped staffs. Back then, "the conquest of a peak, setting off from the valley bottom and following completely unknown routes, required a physical resilience and moral fiber perhaps difficult to imagine for those who go up into the mountains today," commented geographer Giotto Dainelli. Now, even the most outof-the-way corners of the massif have been reached several times

In antiquity, Mont Blanc was considered an unexplored land, even though it is right in the middle of Europe. The first known document specifically identifying it dates back to 1088 C.E. A property survey map belonging to the Benedictine monks of Chamonix calls it rupes alba, meaning "white mountain." For centuries, however, local people called it

David. 3. Kemoved false worship.



levs will be united." Two centuries had to pass before Horace-Bénédict de Saussure's intuition proved true. In 1814 a first request was made to the king of Piedmont and Sardinia:

however, work began only in 1959 and ended in 1965.\* The tunnel, 7.2 miles long, begins in Italy at an elevation of 4.531 feet and ends in France at 4.204 feet.

On March 24, 1999, a truck caught fire in the tunnel, causing a disaster. The temperature rose to 1,800 degrees Fahrenheit, melting dozens of vehicles. Thirty-nine people died from asphyxia, and some 30 more were injured. After a year of investigation, reconstruction work began. The tunnel was reopened on June 25, 2002, in spite of protests from environmentalists and local residents, who argued that heavy truck traffic causes pollution. In a recent four-month period, 132,474 vehicles passed through the tunnel.

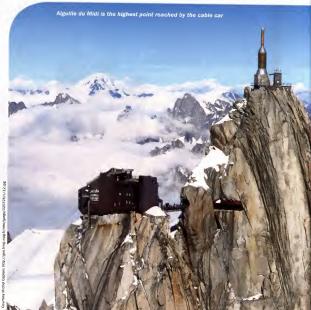
<sup>\*</sup> For details see Awake! of February 8, 1963, pages 16-19.

Accursed Mountain because of the legendary demons and dragons said to inhabit it. Apparently, the name Mont Blanc appeared for the first time on a drawing in 1744, a sign that its ominous reputation would soon pass awav.

### Contrasts in the Mountain Range

Only by airplane is it possible to view the whole Mont Blanc massif. It covers an

area of some 230 square miles, has a ridge more than 30 miles long-which divides Italv. France, and Switzerland-and has several peaks surpassing 13,000 feet. The massif is formed by crystalline schists and granites, formed deep in the earth's crust. Geologists consider it a young mountain group, "just" 350 million years old. Atmospheric agents and glaciers have modified the granitic rock, which now presents fractures,



jagged ridges, peaks, and pinnacles of incomparable beauty and exceptional interest for mountaineers.

#### Mont Blanc Close-Up

Even those who are not expert mountaineers can see the central part of the massif close-up, using the cable car that came into operation in 1958. The highest point reached by the cable car is at the Aiguille du Midi.

12.605 feet above sea level, which offers an extraordinary panorama of the Chamonix Valley below.

Today, from a topographical point of view, Mont Blanc no longer hides any secrets. Rather, it offers a beautiful spectacle, especially at dawn and dusk, when the sun's rays tinge the cold rock faces of the "roof" of Europe with all the shades of red, setting the granite ablaze.



### WALKING AROUND THE "GIANT"

Though the Mont Blanc massif is the domain of expert climbers and mountaineers. even those who have never been high up in the mountains can enjoy its marvels simply by traveling around it. Usually, the best photographs of a mountain are taken, not from its summit but from a distance. Mont Blanc is surrounded by observation points offering breathtaking views. People who love nature and have good legs can walk the 80 miles of trails. The socalled Mont Blanc Tour, created by joining some of the trails together, is a walk that follows a circular route and takes you into France, Italy, and Switzerland. Divided into ten stages of between three and seven hours a day, the tour enables you to admire picturesque vistas. Those who do not have much time can enjoy a walk on one of the many mountains that surround the "giant."



# Will sex improve our relationship?



as if she's known him forever. They text each other constantly, they talk for hours at a time on the phone, and they can even finish each other's sentences! But now, as they sit in a parked car under the moonlight, Mike wants more than conversation.

During the past two months, Mike and Heather have done nothing more than hold hands and briefly kiss. Heather doesn't want to go further. But she doesn't want to lose Mike either. No one makes her feel so beautiful, so special. 'Besides,' she tells herself, 'Mike and I are in love, . . . aren't we?'

YOU can probably guess where this scenario is heading. But what you may not realize is how dramatically sex would change things for Mike and Heather—and not for the better. Consider:

If you defy a physical law, such as the law of gravity, you suffer the consequences. The same is true if you defy a moral law, such as the one that states: "Abstain from fornication."\* (1 Thessalonians 4:3) What are the consequences of disobeying that command? The Bible says: "He that practices fornication is sinning against his own body." (1 Corinthians 6:18) How is that true? See if you can list

<sup>\*</sup> The Bible term "fornication" includes not only intercourse but also other acts between unmarried individuals, such as fondling the genitals of another person or engaging in oral or ana sex. For more information, see Questions Young People Ask—Answers That Work, Volume 2, pages 42-47.

below three harmful effects that can come to those who engage in premarital sex.

2.

Now look at what you wrote. Did you include such things as sexually transmitted diseases, unwanted pregnancy, or the loss of God's favor? Those certainly are devastating consequences that can come to anyone who violates God's moral law regarding fornication.

Still, you might be tempted, 'Nothing will happen to me,' you could reason. After all, isn't everyone having sex? Your peers at school brag about their escapades, and they don't seem to be hurting. Perhaps, like Heather in the opening scenario, you even feel that sex will make you and your partner closer. Besides, who wants to be ridiculed for being a virgin? Isn't it better to give in?

Not so fast! First of all, not everyone is doing it. True, you may read statistics indicating that an alarming number of youths are having sex. For example, a U.S. study revealed that by the time they finish high school, 2 out of 3 youths in that country are sexually active. But that also means that I out of 3-a sizable number-is not. Now, what about those who are? Researchers have found that many such youths experience one or more of the following rude awakenings.

Rude Awakening #1: DISTRESS. Most vouths who have engaged in premarital sex say that they regretted it afterward.

Rude Awakening #2: DISTRUST, After having sex, each partner begins to wonder, 'Who else has he/she had sex with?"

Rude Awakening #3: DISLOYALTY. After having sex, a boy is more likely to dump his girlfriend and move on to someone else.

Rude Awakening #4: DISILLUSIONMENT. Deep down, a girl would have preferred someone who would protect her, not use her.

### WHAT YOUR PEERS SAY

**▲** Just saying no does not stop the person asking from trying again. It's how you refuse. If vou meekly say no but sound indecisive, it will be obvious. You need to be firm! 🖷 🖷



Diana



Just saving no doesn't always work. Even explaining your beliefs may not work. I've known some who boast that they were able to 'break' a Christian, Sometimes away. It's hard to do. but it works.

As a Christian, you have qualities that will make you attractive to others. So you have to be alert and back off when invited to do something immoral. Respect those qualities. Don't sell out! | | |



In addition to the above, consider this: Many boys have said that they would never marry a girl they have had sex with. Why? Because they prefer someone who is more chaste!



Engaging in premarital sex is an abuse of God's gift. It's like taking a beautiful painting that someone gave you and using it as a doormat

Does that surprise you—perhaps even anger you? If so, whether you are a girl or a boy, remember this: The reality of premarital sex is far different from what is shown in movies and on TV. The entertainment industry glamorizes teen sex and makes it look like true love. But don't be naive! Those who would try to coax you into premarital sex are only looking out for their own interests.

### BE HER HERO!

If you're dating, do you really care for your girlfriend? Then show her that you have . . .

- the strength to uphold God's laws
- the wisdom to avoid tempting circumstances
- the love to look out for her interests

If you do, likely your girlfriend's feelings will be similar to those of the Shulammite, who said: "My dear one is mine and I am his." (Song of Solomon 2:16) In short, you'll be her hero!

See Proverbs 22:3; 1 Corinthians 6:18; 13:4-8.

(1 Corinthians 13:4, 5) After all, would anyone who *truly* loves you endanger your physical and emotional well-being? (Proverbs 5: 3, 4) And would anyone who *truly* cares for you tempt you to jeopardize your relationship with God?—Hebrews 13:4

The fact is, if you give in to premarital sex, you are degrading yourself by giving away something of precious value. (Romans 1:24) No wonder so many feel empty and worthless afterward

as if they've carelessly allowed a precious
part of themselves to
be stolen! Don't let
that happen to you. If
someone tries to coax
you into sex by saying,
"If you loved me, you'd
do this," firmly reply,
"If you loved me, you
wouldn't ask!"

Your body is far too valuable to give away. Show that you have the strength of character to obey God's com-

### SUGGESTION

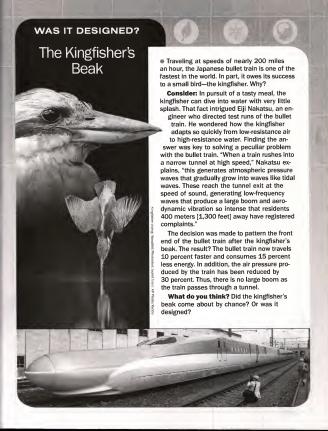
When it comes to conduct with the opposite sex, a good rule to follow is this: If it's something you wouldn't want your parents to observe you doing, then you shouldn't be doing it.

mand to abstain from fornication. Then, if you do marry one day, you can have sex. And you'll be able to enjoy it fully, without the worries, regrets, and insecurities that are so often the aftermath of premarital sex.—Proverbs 7: 22, 23; I Corinthians 7:3.

More articles from the "Young People Ask" series can be found at the Web site www.watchtower.org/ype

### TO THINK ABOUT

- Although premarital sex may appeal to the imperfect flesh, why is it wrong for you?
- What will you do if someone asks you to have sex?



#### **First Cloned Camel**

Since 1996, when researchers first cloned a sheep, a number of other mammals—including cows, goats, and horses—have been produced using the same technique. Now scientists at a veterinarian research establishment in Dubai have for the first time cloned a camel. The female calf was named Injaz, Arabic for "achievement." "The cloning of animals . . . has already moved beyond the merely experimental," says the Abu Dhabi newspaper The National. "In future, the programme will examine the possibilities of using cloning to perpetuate the genes of valued racing and milk-producing camels."

### Satellite "Smashup"

"The orbital highways above Earth have been getting more crowded for years, but it wasn't until February [2009] that two satellites had their first major smashup," reports Science News. About 500 miles above Siberia, a functioning American communications satellite collied with a defunct Russian military device. The accident created a swarm of some 700 large fragments of debris. The more debris there is in orbit, the higher the

"Global military expenditure in 2008 is estimated to have totalled \$1464 billion. This represents an increase . . . of 45 per cent since 1999."—STOCKHOLM INTERNATIONAL PEACE RESEARCH INSTITUTE, SWEDEN.

"According to Google, several billion web pages are added [to the Internet] each day."—NEW SCIENTIST, BRITAIN.

"World hunger [was] projected to reach a historic high in 2009 with 1 020 million people going hungry every day."—FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS ITALY

chances of another accident. Tracking stations currently monitor the orbits of some 18,-000 pieces of space garbage larger than four inches across. Yet, a collision with an object any larger than a pea, moving at orbital speed, could be catastrophic for satellites or even manned flights.

### Car Disablers

"Few people neglect to pay their cellphone bills, because they know the phone will stop working if they do," reports The Wall Street Journal. Now the same principle is being applied to cars. "Used-car dealers are installing remote disabling devices that keep the cars from starting if the buyer gets too far behind on payments," says the newspaper. The devices—wired into car ignition systems—come as part of the conditions of financing for customers with sub-

prime credit and can be removed when loans are paid off. Disablers rarely have to immobilize vehicles, however, says the Journal. Rather, their flashing lights and warning beepers effectively "productions to make timely payments."



### Who Had This Job?

Which two leaders of ancient Israel worked as shepherds? Write your answers on the lines below.

1. CLUF: Read Exodus 3:1

2. CLUE: Read 1 Samuel 17:34-36.

### FOR DISCUSSION:

What qualities did a good shepherd have to display? Why does Jesus liken himself to a shepherd and his disciples to sheep? CLUE: Read John 10:11-16

### WHAT DO YOU KNOW ABOUT KING ASA?

3. What did Asa do when he first became king? CLUE: Read 2 Chronicles 14:2-5.

4. From which country did an army of a million men come to fight Asa? CLUE: Read 2 Chronicles 14:9, 10,

### FOR DISCUSSION:

How did Asa react when he was counseled by Hanani? CLUF: Read 2 Chronicles 16:7-10. Was Asa right to react that way? How should you react when counseled, and why?

Answers on page 22



**PICTURE** SFARCH

nictures in this issue? In your own words. describe what is happening in each picture.

### FROM THIS ISSUE

Answer these questions, and provide the missing Bible verse(s).

PAGE 20 The whole world is lying in whose power? 1 John 5:\_\_\_\_\_

PAGE 21 Love does not do what? Romans 13:

PAGE 26 What should we abstain from?

1 Thessalonians 4:\_\_\_\_

PAGE 26 He who practices fornication sins against what? 1 Corinthians 6:\_\_\_\_

## The Bible Why You Should Know Its Message



• The Bible is the most widely distributed book in all history, and many cherish it. Oaths are sworn on it in courts of law, and officials take oaths of office with their hand upon it. Knowledge of the Bible constitutes the most important education one can receive.

Many will agree that the world would be a better place if more people read the Bible and lived by what it says. The 32-page, Lastefully illustrated brochure The Bible—What is 1st Message? can help you learn what the Bible teaches. Its first two sections describe how the Creator provided a paradies for humans and how it was lost. In the next sections, there is a historical review of the people through whom God provided the Ruler of his Kingdom

government, which will restore Paradise to this earth.

Sections that follow describe the life, ministry, miracles, death, and resurrection of the divinely appointed Ruler, Jesus Christ. In rapid sequence, the next four sections describe the ministry, faith under trial, and inspired writings of Jesus "first-century followers. You will be cheered by the section "Paradise Regained!" with its accompanying colorfully illustrated final page, entitled "The Bible's Message—An Overview."

To request a copy of this brochure, simply fill in this coupon and mail it to the address provided or to an appropriate address listed on page 5 of this magazine.

☐ Without obligation, I request a copy of the brochure shown here. Indicate which language.

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